#### What's in the Kit?

- 15 laminated recipes with step-by-step, easy-to-read, visual instructions for salads, dips, baking and slow-cooker cooking
- Large durable binder for storing recipes
- Brightly colored stainless-steel measuring cups and spoons that coordinate with the color-coded recipe instructions
- Helpful kitchen tools: non-skid cutting mat, dishwasher-safe food prep mat, color-coded plastic measuring cup for liquids, and safe kitchen cutter



Visit our website to learn how to expand your kit with additional laminated recipe packs that are hole-punched to add to your binder easily. These recipes are also edge color-coded to file by category. Plus, we offer a two-handed oven mitt that's a great addition to the kit.

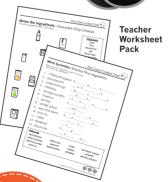
#### For the Classroom

We offer **classroom resources** for teachers to extend learning beyond cooking! These worksheet activities include matching, finding the ingredients, word scrambles, missing letters, and three levels of seek-and-finds.









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## **Order Your Kit Today!**

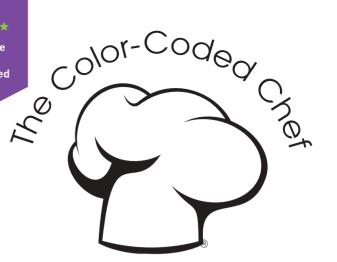
WEB: www.TheColorCodedChef.com

PHONE: 636-422-1515

EMAIL: orders@TheColorCodedChef.com

Terri Jordan, creator and owner





## **COOKING KIT**

www.TheColorCodedChef.com



## My Son, Our Story

My son was born with a cleft lip and palate, and doctors were quick to diagnose him with failure to thrive. This was hard news to hear. A few weeks later he was diagnosed with low muscle tone, and doctors said he may never walk. We worked tirelessly with a team of therapists and family members, and several hundred therapy hours later my son took his first step at the age of 3. Around the time that I was hoping to hear my son say "Mama" or "Dada." the doctors said he had speech apraxia — he could understand words but couldn't speak. Specialists said if he wasn't talking by age 5 that most likely he would never talk. Several thousand therapy hours later — at age 8 — my son started speaking. At age 9, I heard "I love you" for the first time. We understand the importance of therapy!





### The Idea Behind the Kit

Like all parents, I wanted my son to acquire basic life skills. So at age 16, we decided to try cooking. I quickly realized he did not understand things like "1/4 cup" or "2 tablespoons" — the measurements kept him from being able to follow traditional recipes. But he <u>did</u> understand color. This was *The Aha Moment* when the idea behind The Color-Coded Chef was born!

After many hours of trial and effort, the idea of this cooking kit became a hands-on reality. And its ultimate goal? To spend quality time together while teaching life skills that build self-esteem and independence. WOW!! What a wonderful way to foster pride and self-worth in a loved one as they accomplish an everyday task!

Over the last several years, we have come so far — as a family and as a company. And today, I am proud to say my son assembles The Color-Coded Chef kits for shipment.





#### **How Does It Work?**

The Color-Coded Chef Kit is a collection of recipes with detailed **step-by-step instructions** and simple **illustrations** that make the recipe easy to follow and understand. The Ingredients page can be used as a **grocery list** at the store, then used as a **checklist** when you begin to cook. The kit comes with a **dry-erase marker** so you can easily check off lists on the laminated cards. Wipe off and **reuse.** 

# Visit www.TheColorCodedChef.com for a sample Chocolate Chip Cookie recipe!

In addition to these user-friendly recipes and instructions, the kit includes **color-coded measuring cups** and **spoons** and a collection of safe, easy-to-use **common kitchen utensils** (see back page for full description).

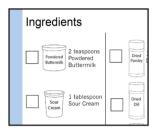
#### The Benefits of This Kit

The wonderful thing about The Color-Coded Chef Kit is that there are so many more benefits beyond just learning the practical life skill of cooking. With each recipe, you're incorporating:

Decision Making Sequencing Health/Hygiene Teamwork
Directions
Patience

Social Skills Safety Self-Discipline

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# Therapy Opportunities

The more you practice, the better you become at: **Gross and Fine Motor Skills, Speech, Socialization, Teamwork and Behavior.** Plus, when you make your own food, you tend to try more types of food. You open yourself up to new possibilities and you elevate your quality of life.

